

CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

WALTER M. DICKIE, M.D., Director

Weekly Bulletin



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GUY P. JONES
EDITOR

Mussels Placed Under Quarantine

A state quarantine of mussels on the ocean shore of California from the southern boundary of Los Angeles County to the Oregon line, excepting the bay of San Francisco, has been established by Dr. Walter M. Dickie, Director of Public Health. Under the terms of the quarantine order all health officers and inspectors are charged with the enforcement of the provisions of the quarantine—to prohibit the taking, sale or offering for sale of mussels growing within the district as specified. The quarantine will continue during June, July, August and September. It is established entirely for the purpose of preserving the public health.

For many years cases of mussel poisoning have occurred during the summer months among individuals who ate these shellfish gathered within certain areas along the Pacific Coast from Southern California to Alaska. In California during the 1927 season, there were 102 cases with 6 deaths reported. None occurred in 1928, but in 1929 there were 62 cases of shell-fish poisoning with 4 deaths reported, one of which was due to mussels and 3 to clams. In 1930 there were but 2 mild cases reported and in 1931 none came to the attention of the California State Department of Public Health. In 1932 there were 40 cases with one death and in 1933 there were 22 cases with one death reported. In 1934 there were 12 cases with 2 deaths, but in 1935 none were reported. The records show 3 cases with 2 deaths

in 1936 and in 1937 there were 21 cases with no deaths.

The paralytic poisoning is often acute and patients may suffer greatly. While the exact cause is unknown at the present time, it would appear that the toxic agent is in the ocean water. Investigations are undertaken regularly at the Hooper Foundation for Medical Research, University of California Medical School, in an effort to learn the exact cause of the condition. Shell-fish are examined at frequent intervals in order to determine the degree of toxicity and if they are determined as still toxic at the end of September it may become necessary to extend the quarantine period until they are found nontoxic.

NEW HEALTH OFFICER AT TURLOCK

Dr. F. J. Peter has been appointed city health officer of Turlock to succeed Dr. C. E. Pearson.

Health is the wealth of youth. To achieve health, success, and happiness, work when it is working time and play when at leisure. Build a sound body and develop an alert mind by following the rules for health.—From *Everyday Problems in Health*.

"It is within the power of man to rid himself of every parasitic disease."—Pasteur.

LABORATORY EVALUATION SERVICE OFFERED BY STATE BACTERIO- LOGICAL LABORATORY

The State Bacteriological Laboratory at Berkeley is now prepared to provide a checking service for serological tests for syphilis to local laboratories throughout the state. Specimens of blood serum will be sent out to the local laboratories and the results compared with those obtained at the state laboratory. This is an application, on a state basis, of the plan of evaluation of state laboratory service adopted by the U. S. Public Health Service.

The plan is being started on a voluntary basis. Any laboratory, public health, private or otherwise, that desires to enter in the evaluation study should communicate with Dr. W. H. Kellogg, State Bacteriological Laboratory, Life Sciences Building, University of California, Berkeley. The study will begin as soon as a sufficient number of laboratories indicate desire to participate.

MUSSEL QUARANTINE ORDER

A quarantine of all mussels from the ocean shore of California extending from the southern boundary of Los Angeles County north to the California-Oregon boundary with the exception of the bay of San Francisco, is hereby established.

All health officers and food inspectors are hereby instructed to enforce the provisions of this quarantine and to prohibit the taking, sale, or offering for sale, of mussels gathered in the district specified. This quarantine order shall be effective for the period June 1, 1938, to September 30, 1938.

Said action is taken for the preservation of the public health.

W. M. DICKIE, M.D.
Director of Public Health.

May 31, 1938.

Two principles govern the moral and intellectual world. One is perpetual progress, the other the necessary limitations to that progress. If the former alone prevailed, there would be nothing steadfast and durable on earth, and the whole of social life would be the sport of winds and waves. If the latter had exclusive sway, or even if it obtained a mischievous preponderancy, everything would petrify or rot. The best ages of the world are those in which these two principles are the most equally balanced. In such ages every enlightened man ought to adopt both principles, and with one hand develop what he can, with the other restrain and uphold what he ought.—Gentz.

SUMMER HEALTH HAZARDS

This is the season of the year when it becomes customary for public health officers to issue vacation "dos" and "don'ts." There is, seemingly, no end to the admonitions along health lines that may be given to individuals who are going into the country for their vacations. The list of hazards is long and many of the more spectacular type occur so rarely that they may be classed as uncommon. Nevertheless, all vacationists may become informed, easily, upon methods by which such hazards may be avoided. Among them are the following:

Snake bite	Overexertion
Poison oak	Automobile accidents
Mussel poisoning	Swimming hazardously
Heat stroke	Fire arms
Sunburn	Fireworks
Polluted drinking water	Rabid animals
Contaminated milk	Infected rodents (squirrels, rabbits, chipmunks)
Infected "cream-filled" bakery products	Ticks
Mosquito bites	Fleas
Flies and gnats	"Athlete's foot" and many others.
Black widow spiders	
Food poisoning in general	

Local health officers may well be prepared to issue instructions in the prevention of such hazards. The California State Department of Public Health will be glad to provide health officers with all specific information upon these subjects that may be available. It is possible to spoil, unnecessarily, the vacation of an individual who may have a phobia on summer health hazards and it may also be possible to prevent suffering and possible death through the dissemination of timely information to a receptive vacationist.

"If you are really psychologically grown up you must realize that no child belongs to his parents. The parents have the duty of providing the child with the training necessary to enable him to emancipate himself from the family, and, with maturity, to carry on his own life independently of his parents. No child owes his family a debt of gratitude or obedience or filial duty. No normal parent can or will demand these things. Most of the family conflicts that occur arise from ignorance of this simple biological, sociological and psychological law."—W. Beran Wolfe, M.D., in *A Woman's Best Years*.

"Without health, life is no life."—Rabelais.

EDUCATION IN HEALTH

There is a renewed interest in health education in the schools and the importance of instruction in hygiene and allied subjects is recognized generally. Dr. J. Howard Beard of the University of Illinois has prescribed qualifications for teachers of hygiene in high schools that provide the essentials in training. They are:

- (1) A thorough background of the fundamental sciences of biology, chemistry and physics.
- (2) Knowledge of physiology, bacteriology, psychology, sociology and economics.
- (3) An understanding of the principles, psychology and philosophy of education.
- (4) Thorough contact with proper facilities for instruction.
- (5) A fixed determination to keep up with the rapid progress and changes of preventive medicine and sanitary engineering which make it possible for man to control his environment and adjust himself to it.

Dr. Beard adds:

"The teacher should not only be well trained but should be interested in students, sympathetic with their problems and be able to see in proper perspective the relation of hygiene to personal welfare and social progress. He should be emotionally mature and an example of health in the broad sense of living most and serving best. He should be able to deal with facts and reality with optimism and poise. His personality should be sufficiently dynamic to make his teaching effective and his character should be rich in courage, fairness, magnanimity, kindness and courtesy.

"The curricula of many colleges and universities offer the prospective teacher of hygiene an opportunity to get the background of science, pedagogy and education essential to teach health to high-school students who tomorrow will be determining the destiny of their communities. The demands of our complex society preclude the drafting of the poorly prepared pedagogic 'Jack-of-all-trades' to teach a subject which is to provide individuals with knowledge essential to protect themselves, to safeguard their families and to function intelligently as citizens in the promotion of the general welfare."

SANTA CLARA CONTROLS RABIES

Since the first of last November in Santa Clara County, including San Jose, no less than 5250 stray dogs have been taken into custody. During the seven months, November to May, inclusive, 301 persons were bitten by dogs. One hundred and seven animals were determined rabid by clinical and bacteriological diagnosis. A total of 52 persons were bitten by rabid animals, 48 dogs and 4 cats. Eighty-six exposed persons were given the Pasteur treatment for the prevention of rabies.

The program for the control of the disease has

gone forward efficiently and swiftly under direction of Dr. H. C. Brown, city health officer of San Jose, and Dr. C. H. Burchfiel, health officer of Santa Clara County. With the continued cooperation of residents it is anticipated that rabies will be stamped out of the community within two months. These health officers and the residents of Santa Clara County, together with local newspapers, are to be congratulated upon the aggressive attack that they are making against this disastrous but preventable disease.

DISEASES REPORTABLE IN CALIFORNIA

REPORTABLE ONLY

ANTHRAX	MALARIA*
BERIBERI	PELLAGRA
BOTULISM	PNEUMONIA (Lobar)
COCCIDIOIDAL GRANULOMA	RELAPSING FEVER
DENGUE*	ROCKY MOUNTAIN SPOTTED FEVER
FLUKE INFECTION	SEPTIC SORE THROAT
FOOD POISONING	TETANUS
GLANDERS***	TRICHINOSIS
HOO KWORM	TULAREMIA
JAUNDICE (Infectious)	UNDULANT FEVER

ISOLATION OF PATIENT

CHICKENPOX	OPHTHALMIA NEONATORUM
DYSENTERY (Amoebic)	PSITTACOSIS
DYSENTERY (Bacillary)	RABIES (Animal)
ERYSIPELAS	RABIES (Human)
GERMAN MEASLES	SYPHILIS
GONOCOCCUS INFECTION	TRACHOMA
INFLUENZA	TUBERCULOSIS
MEASLES	WHOOPING COUGH
MUMPS	

QUARANTINABLE

CHOLERA***	SCARLET FEVER
DIPHTHERIA	SMALLPOX
ENCEPHALITIS (Epidemic)	TYPHOID AND PARATYPHOID FEVER
LEPROSY	TYPHUS FEVER
MENINGITIS (Epidemic)	YELLOW FEVER***
PLAGUE***	
ACUTE ANTERIOR POLIOMYELITIS	

* Patients should be kept in mosquito-free room.

*** Cases to be reported to State Department of Public Health by telephone or telegraph and special instructions will be issued.

MORBIDITY

Complete Reports for Following Diseases for Week Ending May 21, 1938.

Chickenpox

862 cases: Alameda County 8, Alameda 2, Albany 10, Berkeley 26, Hayward 1, Livermore 1, Oakland 73, San Leandro 1, Colusa County 1, Contra Costa County 15, El Cerrito 6, Martinez 1, Pittsburg 6, Richmond 1, El Dorado County 2, Fresno County 15, Fresno 24, Kern County 16, Taft 1, Kings County 4, Hanford 1, Los Angeles County 62, Alhambra 9, Arcadia 1, Burbank 13, Compton 4, El Segundo 1, Glendale 31, Inglewood 4, Long Beach 24, Los Angeles 121, Montebello 4, Pasadena 6, Pomona 2, Santa Monica 8, Lynwood 1, South Gate 3, Gardena 2, Madera County 8, Madera 1, Marin County 1, Monterey County 3, King City 5, Monterey 2, Napa County 1, Orange County 5, Anaheim 3, Fullerton 2, Newport Beach 2, Santa Ana 17, Seal Beach 2, Laguna Beach 2, Tustin 1, Riverside County 17, Banning 6, Riverside 19, Sacramento 18, San Bernardino

County 3, Ontario 3, Redlands 1, San Bernardino 3, San Diego County 5, Coronado 1, National City 3, San Diego 35, San Francisco 49, San Joaquin County 17, Lodi 3, Stockton 19, San Luis Obispo County 6, Arroyo Grande 1, Daly City 3, San Mateo 1, Santa Barbara County 5, Santa Barbara 11, Santa Maria 5, Santa Clara County 2, Gilroy 1, Benicia 2, Fairfield 2, Vallejo 2, Sonoma County 11, Stanislaus County 4, Modesto 7, Turlock 2, Tulare County 3, Dinuba 6, Exeter 4, Ventura County 3, Santa Paula 2, Ventura 2, Ojai 2, Yolo County 1, Mountain View 3, San Jose 1, Watsonville 1, Solano County 1.

Diphtheria

27 cases: Berkeley 1, Oakland 1, Los Angeles County 1, Beverly Hills 2, Glendale 1, Los Angeles 9, Redondo 2, Riverside County 1, San Diego County 2, National City 1, San Diego 1, San Francisco 1, Santa Maria 1, Santa Clara County 1, San Jose 1, Ventura County 1.

German Measles

53 cases: Alameda County 1, Oakland 2, San Leandro 2, El Cerrito 1, Placerville 1, Fresno County 1, Fresno 2, Kern County 1, Lake County 1, Los Angeles County 5, Alhambra 1, Long Beach 5, Los Angeles 3, Whittier 1, Orange County 1, Santa Ana 3, National City 1, San Diego 1, San Francisco 17, Sonoma County 1, Tulare County 1, Dinuba 1.

Influenza

83 cases: Berkeley 1, Oakland 1, Placerville 1, Fresno County 14, Imperial County 1, Kern County 1, Los Angeles 10, Madera County 2, Orange County 2, Anaheim 2, Fullerton 1, Riverside 1, Sacramento 1, San Francisco 7, Dixon 38.

Malaria

3 cases: Imperial County 2, Los Angeles 1.

Measles

1180 cases: Oakland 9, Colusa County 1, Colusa 1, Contra Costa County 8, El Cerrito 1, El Dorado County 3, Placerville 23, Fresno County 3, Fresno 4, Glenn County 7, Imperial County 12, Kern County 69, Bakersfield 17, Delano 6, Kings County 23, Hanford 21, Los Angeles County 22, Beverly Hills 2, Burbank 1, Claremont 3, Glendale 13, Hermosa 1, Long Beach 14, Los Angeles 71, Montebello 1, Pasadena 2, Pomona 6, Redondo 1, Santa Monica 1, South Pasadena 1, Whittier 1, Lynwood 1, South Gate 1, Madera County 102, Madera 1, Chowchilla 7, Merced County 9, Los Banos 1, Orange County 68, Anaheim 8, Huntington Beach 3, Newport Beach 3, Santa Ana 99, Laguna Beach 8, Placentia 8, Tustin 1, Riverside County 21, Blythe 3, Riverside 33, Sacramento 43, San Bernardino County 2, Colton 1, Ontario 4, San Bernardino 10, San Diego County 11, La Mesa 1, National City 2, San Diego 124, San Francisco 6, San Joaquin County 5, Lodi 74, Stockton 1, San Luis Obispo County 13, Santa Barbara County 9, Santa Barbara 11, Santa Maria 1, Santa Clara County 1, Shasta County 10, Fairfield 1, Sonoma County 2, Stanislaus County 25, Modesto 12, Red Bluff 1, Tulare County 13, Tulare 1, Ventura County 24, Fillmore 3, Oxnard 12, Santa Paula 16, Ventura 1, Ojai 7, Yolo County 7, Davis 1.

Mumps

813 cases: Alameda County 13, Alameda 32, Berkeley 2, Hayward 1, Oakland 76, San Leandro 10, Chico 1, Contra Costa County 8, Fresno County 87, Fresno 27, Reedley 1, Imperial County 2, Kern County 7, Bakersfield 3, Kings County 5, Los Angeles County 63, Compton 3, El Monte 4, El Segundo 1, Glendale 6, Huntington Park 3, Inglewood 2, Long Beach 12, Los Angeles 24, Monrovia 6, Montebello 4, Pomona 15, San Gabriel 1, Santa Monica 6, Whittier 1, Torrance 1, Madera County 21, Marin County 24, San Anselmo 1, Merced County 3, Gustine 5, Los Banos 1, Monterey County 1, Monterey 3, Napa County 4, Napa 8, Orange County 21, Anaheim 8, Santa Ana 5, Riverside County 4, Sacramento 34, San Diego County 5, La Mesa 1, National City 1, San Diego 13, San Francisco 45, San Joaquin County 5, Stockton 5, Tracy 1, San Luis Obispo County 6, San Bruno 1, Santa Barbara County 1, Santa Barbara 9, Santa Maria 1, Santa Clara County 33, Palo Alto 1, San Jose 24, Sunnyvale 2, Watsonville 1, Dixon 9, Sonoma County 5, Petaluma 11, Stanislaus County 9, Modesto 6, Turlock 3, Tulare County 21, Dinuba 15, Lindsay 3, Porterville 1, Ventura County 1, Yolo County 4.

Pneumonia (Lobar)

38 cases: Oakland 1, Colusa County 1, Kern County 1, Lake County 1, Los Angeles County 5, Long Beach 2, Los Angeles 10, Pomona 2, Riverside County 4, Sacramento 1, San Francisco 4, San Luis Obispo County 1, Yreka 1, Solano County 1, Sonoma County 2, Petaluma 1.

Scarlet Fever

173 cases: Alameda County 1, Oakland 6, El Cerrito 2, Pittsburg 1, Richmond 2, Fresno County 1, Fresno 1, Imperial County 1, El Centro 1, Kern County 15, Bakersfield 1, Taft 1, Kings County 4, Los Angeles County 16, Alhambra 1, Burbank 3, Glendale 6, Long Beach 2, Los Angeles 44, Montebello 1, Pasadena 1, Santa Monica 6, Whittier 1, Lynwood 1, Merced County 1, Los Banos 1, Monterey County 1, Monterey 1, Orange County 3, Newport Beach 1, Santa Ana 1, Riverside 2, San Bernardino County 6, Redlands 3, San Diego 3, San Francisco 13, San Joaquin County 1, Tracy 1, Santa Clara County 2, San Jose 2, Siskiyou County 2, Petaluma 1, Stanislaus County 2, Modesto 1, Red Bluff 1, Tulare County 1, Dinuba 1, Tuolumne County 3.

Smallpox

73 cases: Kern County 6, Hanford 1, Los Angeles County 3, Alhambra 2, Los Angeles 7, Monterey County 2, Newport Beach 1, Santa Ana 5, Tulare County 35, Dinuba 1, Exeter 8, Tulare 1, Visalia 1.

Typhoid Fever

20 cases: Richmond 2, Imperial County 6, Kings County 1, South Gate 1, Riverside County 4, San Francisco 1, Tulare County 2, Tulare 1, Ventura County 1, Santa Paula 1.

Whooping Cough

638 cases: Alameda County 1, Alameda 20, Albany 3, Berkeley 19, Livermore 3, Oakland 68, San Leandro 6, Contra Costa County 4, Concord 1, El Cerrito 1, Martinez 1, Fresno County 27, Fresno 11, El Centro 1, Kern County 5, Lake County 3, Los Angeles County 32, Alhambra 6, Claremont 1, Compton 1, Glendale 9, Long Beach 5, Los Angeles 23, Pasadena 9, Pomona 2, Santa Monica 2, Lynwood 1, Maywood 1, Bell 1, Madera County 6, San Anselmo 13, Sausalito 1, Merced County 5, Monterey County 6, Napa County 9, Orange County 17, Santa Ana 8, Riverside County 4, Corona 2, Riverside 3, Sacramento 33, San Bernardino County 1, San Diego County 15, Chula Vista 3, National City 2, San Diego 18, San Francisco 53, San Joaquin County 54, Lodi 1, Manteca 2, Stockton 15, Tracy 3, San Mateo County 21, Daly City 2, Santa Clara County 12, Mountain View 1, Palo Alto 2, San Jose 9, Sunnyvale 5, Santa Cruz County 1, Watsonville 1, Dixon 5, Vacaville 2, Sonoma County 6, Stanislaus County 8, Turlock 6, Red Bluff 6, Trinity County 3, Santa Paula 3, Winters 2, California 2.*

Meningitis (Epidemic)

3 cases: Oakland 1, Kings County 1, Sacramento 1.

Dysentery (Amoebic)

2 cases: Los Angeles 1, Sonoma County 1.

Dysentery (Bacillary)

7 cases: Monterey County 1, Riverside 1, Sonoma County 5.

Pellagra

5 cases: Imperial County 2, Los Angeles County 1, Gardena 1, San Francisco 1.

Pollomyelitis

3 cases: Napa County 1, Riverside 1, San Diego 1.

Tetanus

2 cases: Pittsburg 1, Los Angeles 1.

Trachoma

6 cases: Humboldt County 1, Madera County 3, Riverside County 2.

Paratyphoid Fever

One case: Los Angeles.

Food Poisoning

109 cases: Los Angeles.

Undulant Fever

4 cases: Compton 1, Los Angeles 1, Gardena 1, Ventura County 1.

Coccidioidal Granuloma

One case: Tehachapi.

Septic Sore Throat

2 cases: Bakersfield 1, Los Angeles County 1.

Psittacosis

One case: San Francisco.

Rabies (Animal)

41 cases: Fresno County 1, Kern County 1, Bakersfield 1, Los Angeles County 6, Beverly Hills 1, Los Angeles 9, Pomona 1, Santa Monica 1, South Gate 1, San Diego County 2, National City 7, San Diego 2, San Luis Obispo County 1, Stanislaus County 2, Tulare County 2, Exeter 1, Visalia 2.

*Cases charged to "California" represent patients ill before entering the state or those who contracted their illness traveling about the state throughout the incubation period of the disease. These cases are not chargeable to any one locality.

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